



The Center Post



Volume 28

AUGUST 2019

LCG Enrichment Center
Hours of Operation:
Monday - Thursday
8 AM - 8 PM and
Friday 8 AM - 5 PM
(919) 776-0501

Connecting people who are age 50 and better, family caregivers and veterans with meaningful educational and volunteer opportunities; increasing their access to services, benefits and resources and offering them tools to manage their health and finances.

***By 2035,
16 years away,
Americans age 65
and older are
forecast to
outnumber kids for
the first time.
The U.S. Census
Bureau projects that
the population of
older adults will
surpass children by
almost two million.***

Senior Centers:
Masters of Aging



August Health & Wellness Day

Friday

August 9, 2019

9 AM - 12 PM

Free & Open To Age 50+

***Brown Bag Medication
Review (Question & Answer
Session) Walgreens Pharmacy**

***Blood Pressure Screening
CCH, A Duke LifePoint
Hospital**

***Hearing Screening
Bright Audiology**

***Wellness Works
We Have Something for
Every "Body"
LCG Enrichment Center**

***Ask The Expert Dietician
CCH, A Duke LifePoint
Hospital**

***Wake Med Mobile Unit
Information
(Register for health
screenings from Wake Med)**

***Medical Information,
Wellness Screenings,
Health Professionals,
Exhibits & More!***

Caring for a Loved One in The Home *Tips, tricks and treats to overcome caregiver burnout.*

Thursday, August 1, 1 PM - 2:30 PM with **Janice Morris Fraley, RN, BSN.** Join us for an informative afternoon of learning the ins and outs of caring for a loved one in the home. Janice is a professional who has been there, done that and actually written a book on it. Light refreshments served. Open to all adults. Call to RSVP, (919) 776-0501 ext. 2201. **Contact Holly at ext. 2230 if you are in need of respite care so that you may attend this program.**

Navigating Through Care *An In-Depth Look at Placing Your Loved One in Long-Term Care* **Special Guest Speakers from The Laurels of Chatham** Thursday, August 8, 2019 at 2:00 PM. Caregiving for your loved one can be a challenging journey. This seminar will help you identify the right time to transition from home to facility. Financial considerations, resources, tips and ample Q&A time with professionals. Open to all adults. Call (919) 776-0501 ext. 2201 to register.

Sanford Brush & Palette Club Art Show At LCG Enrichment Center

Featured Artists:
Lisa Mathis, Doug Rowe
and Maria Rowe

**Artwork for Sale and Available
Through August 2019**



**LCG Enrichment Center
The *Gem* of Lee County
Up & Coming
with Margaret
9:30 AM First Friday**

Free Health Promotion Tai Chi Class #1 for Beginners



For Arthritis for Fall Prevention

Mondays & Fridays

September 16 - November 25, 2019

Closed on 11/11 due to Holiday

10 weeks - 20 sessions

12:15-1:15pm

- Class will begin promptly at 12:15pm.
- Please wear comfortable attire.
- Try to attend every class.

***This class is provided by a Health Promotion Grant.
Contributions accepted.**

*This class is aimed at helping to improve both
lower and upper body strength as well as improve balance and reduce falls.*

Priority given to Lee County residents aged 60 and better.

Open spaces available to adults under age 60.

To register call (919) 776-0501 ext. 2201. Space is limited.

Free Health Promotion Tai Chi Class #2 for Beginners



For Arthritis for Fall Prevention

Tuesdays & Thursdays

September 17- November 21, 2019

10 weeks- 20 sessions

4-5pm

- Class will begin promptly at 4pm.
- Please wear comfortable attire.
- Try to attend every class.

***This class is provided by a Health Promotion Grant.
Contributions accepted.**

***This class is aimed at helping to improve both
lower and upper body strength as well as improve balance and reduce falls.***

Priority given to Lee County residents aged 60 and better.

Open spaces available to adults under age 60.

To register call (919) 776-0501 ext. 2201. Space is limited.

Friday Afternoon Movie Club 1:00 PM

August 9th movie is about vaudeville performers who eventually add their three children to the act to become a group show. However, their children start to go their own way in time. The parents become a performing pair again, but the family still faces personal upheaval. Call us for the title and to reserve your spot, (919) 776-0501 ext. 2201. Free popcorn! Open to age 50+.

ATTENTION Enrichment Center Volunteers

You are invited to attend an informational presentation by **Vicki Rhodes, RN**. Vicki is a member of the Geriatric/Adult Mental Health Specialty Teams, A Division of Therapeutic Alternative Behavioral Healthcare. Vicki will be offering insight into **Hoarding—What is it?**

Two classes will be offered on

Thursday, August 15, 2019.

Choose to attend either 10 AM - 11:30 AM or 12:30 PM - 2 PM. Registration is requested as space is limited. Call (919) 776-0501 ext. 2201.

Tablet & Phone Class Wednesday, August 28 OR Wednesday, September 25, 5:30 PM with instructor **Holly Hight**. This 1 hour class is designed around you and your needs. Bring your questions and device. Class size is limited. Call to reserve your space (919) 776-0501 ext. 2201. Open to age 50+.

Tech 9-1-1 Open to age 50+! These 1-on-1 hour long technology sessions are designed around you and your technology needs. Bring your questions and device (tablet, phone, laptop) to the session. Friday, August 16, 2019 (Other dates available) **Call To Sign Up For Your 1 Hour Time Slot** (919) 776-0501 ext. 2201.

Saturday Night Dance Group Live bands and fellowship at LCG Enrichment Center, 7 PM - 10 PM, \$8.00 per person. Open to all adults. Bands for AUGUST: 3rd, Southern Exposure, 10th, Skyrider Band (Wear Purple for Heart Week), 17th, Jr Gainey and The Killing Time Band, 24th, Paradise Band (Birthday Dinner at 6:00 PM), 31st—NO DANCE.

Nifty Noggins are handmade head coverings for cancer patients. **The group of volunteers meets the 2nd Thursday of the month at 10:00 AM to drop off head coverings and pick up new materials. If you'd like to volunteer with the group, we'd love to see you at the next meeting.** If you or someone you know could use head coverings, contact Carole at The LCG Enrichment Center (919) 776-0501 ext. 2205.

You Can Make a Difference in Someone's Life

Volunteers are needed to deliver a hot, nutritious meal to a homebound older adult in Lee County. Routes usually take around an hour to deliver. Regular and fill-in positions available. Volunteer as often as your schedule allows. **Contact: Janice Holmes (919) 776-0501 ext. 2206 or Laurie Draughn ext. 2213 for more information and to volunteer.**

The Low Vision Support Group will meet at the LCG Enrichment Center

Tuesday, August 13th at 1 PM.

Welcome to **Susan Mills**, the new support group facilitator!

This group was created for people with vision impairments and their loved ones to discuss ways to cope with low vision and discover resources to help individuals live productive lives. Open to all adults.

**The Key to Aging Well
Growing, Learning, Connecting, Giving
National Senior Center Month
September 2019 Activities**

In recognition of National Senior Center Month, the LCG Enrichment Center will be "Growing, Learning, Connecting & Giving" all month with the following fun and informative activities!

All Month: Helping Fund Change for Change Event— Front Reception Desk, A FUNdraiser for The Enrichment Center, Inc. Helping Fund.

Sept. 3: Technology Awareness Class Begins, Senior Center Month Proclamation, Career Planning & Assessment Begins

Sept. 12: Powerful Tools for Caregivers Class Begins

Sept. 16-20: Spirit Week!

Sept. 18: Bye Bye Stress

Sept. 18: Plan Your Future with Miller-Boles

Sept. 20: Wake Med Mobile Health Screenings

Sept. 27: Commissioner Letter Writing Day

Sept. 30: Dixie Line Dancers

And Much More! Pick up a Senior Center Month Schedule at the front reception desk.

E. C. TRAVELERS

The below trips are now open to all adults in Lee County and neighboring counties.

For travel policy and further information stop by or call the LCG Enrichment Center (919) 776-0501.

2019 Day Trips

Tuesday, October 22 *NC State Fair. Come along as we go on our annual fall trip to the NC State Fair for Senior Day! Register and pay today—\$20 cash, money order or cashier's check only. Space is limited. A portion of your reservation has been paid by Senior Center General Purpose Grant Funds, a grant allocated to Senior Centers of Excellence.*

2019 Overnight Trips

Sept. 5-14 *Canada/New England Cruise*

December 10-12 *Asheville, NC & The Biltmore Estate (wait list)*

Reminder that trip payments/registrations for Washington, DC, Texas and the Western Caribbean Cruise are accepted on Mondays and Wednesdays, 8-9 AM and 3-4 PM and on Fridays, 8 AM -12 PM.

Remember, no cash is accepted. All payments MUST be in form of check or money order for these trips.

Washington, DC, October 7-9, 2019

3 Day/ 2 Night Package Includes Motor Coach and:

2 Nights Hotel Accommodations

2 Breakfasts at your Hotel

1 Wonderful Dinner & 1 Lunch/Dinner Cruise

\$449.00 per person— Double Occupancy.

Travel Protection Insurance Available.

San Antonio, Waco & Dallas, Nov. 1-6, 2019

6 Day/ 5 Night Vacation Includes Airfare, Motor Coach and: 5 Nights Hotel Accommodations including 2 nights in San Antonio, 1 night in Waco and 2 nights in Dallas. 4 Evening Receptions at your hotel to include hot food and beverages. 5 Breakfasts and 3 Fabulous Dinners to include dinner at *Southfork Ranch*. **\$1949 per person.** *Travel Protection Insurance Available.*

Western Caribbean Cruise, May 2 - 9, 2020

Aboard Carnival Cruise Line's "Breeze"

Departs from **Port Canaveral, Florida** & stops in **Cozumel, Mexico, Belize, Mahogany Bay, Isla Roatan and Costa Maya, Mexico.** Payment Plan Available.

Travel Protection Insurance Available.

New Trip Announcement!

Did you miss out on the 2019 Canada & New England Cruise? Due to the high level of interest in this exciting destination, we will go again September 2020!

This trip is ONLY OPEN to Lee County residents age 50+ through September 13, 2019. After this date, open to all adults inside/outside Lee County.

**PML Travel & Tours and
The LCG Enrichment Center
Presents a Fabulous**

**10 Day/9 Night
Canada & New England Cruise
Aboard Royal Caribbean's
Grandeur of the Seas
September 3 - 12, 2020**

Ports include Boston, Massachusetts; Portland, Maine; Bar Harbor, Maine; Saint John, New Brunswick (Bay of Fundy); and Halifax, Nova Scotia.

New England and eastern Canada have an unmistakable charm, history and natural beauty all their own. And there's no better time to visit than fall; the foliage is brilliant in every imaginable color, lighthouses dot the coastline and there's always an authentic lobster bake going on somewhere!

Included in Your Price:

Cruise, Cabin, Shipboard Meals, Port Charges and Taxes. Motor Coach to and from Baltimore Pier.

Registration begins FRIDAY, August 2 at 8:00 AM.

Deposits in the amount of \$250 per person (check or money order) will be needed to hold your reservation. Registrations accepted Mondays and Wednesdays in August 8 - 9 AM and 3 - 4 PM. Registration also available on Friday, August 16, 23 & 30, 2019.

Travel Protection insurance can be purchased at the time of initial deposit.

Payment schedule: Additional \$500 payment due January 14, 2020. Final payment due by May 13, 2020.



Career Planning and Assessment

With instructor
Rashia Cox, CCCC

Tuesdays in September
At the LCG Enrichment Center
September 3, 10, 17 & 24, 2019
1:00 p.m. – 3:00 p.m.
(You must attend every class.)

This class is designed to assess your career goals, skills, interests and readiness to enter the workforce. We will cover career exploration and goal setting. This curriculum would benefit those seeking volunteer opportunities or part-time employment.

Open to age 50+. Class Size Is Limited.
Call (919) 776-0501 ext. 2201
To Reserve A Spot

Technology Awareness

With instructor
Rashia Cox,
CCCC



Tuesdays in September
At the LCG Enrichment Center
September 3, 10, 17 & 24, 2019
9:00 a.m. – 11:00 a.m.
(You must attend every class.)

This class is designed to introduce computer terms, basic computer skills, develop email capabilities and skills in navigating the internet. You will learn about compiling employment-related documents such as resumes, cover letters and applications. This class would benefit those looking for volunteer opportunities or part-time employment.

Open to age 50+. Class Size Is Limited.
Call (919) 776-0501 ext. 2201
To Reserve A Spot

GIVE YOURSELF A BREAK! Attend Powerful Tools For Caregivers

Thursdays
September 12th – October 17th, 2019
3 PM – 5 PM
With instructors Holly Hight and Tami Carter

Six class sessions held once a week; led by experienced class leaders. Class participants are given The Caregiver Helpbook to accompany the class and provide additional caregiver resources at no charge to the caregiver. Light snacks will be provided.

Whether you provide care for a spouse, partner, parent, or friend; at home or in a care facility; whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

The class will give you tools to help:

- Reduce Stress
- Improve Self-Confidence
- Manage Time, Set Goals and Solve Problems
- Better Communicate Feelings
- Make Tough Decisions
- Locate Helpful Resources

Registration is required. Call (919)776-0501 ext. 2201. Open to all adults. Priority given to age 60 and better. If respite is required for your loved one during this time please call (919) 776-0501 ext. 2230, two weeks prior to class.



Dixie Line Dancers

Welcome You to Join Them!

Mondays, 2 PM
LCG Enrichment Center
Grand Hall Dining Room
Open to Age 50+ and Free



LCG Enrichment Center
Hot Topics
9:00 AM
First Wednesday

Grief Support Group 2nd Thursday at 1:00 PM with **facilitator Linda Moore, RN, MSN, PA** Next meeting August 8, 2019. Coping with a loss of any kind can be emotionally draining, mentally taxing and physically exhausting. This group provides an opportunity for those persons grieving to come together for support and assistance with the grieving process with a trained professional. Open to all adults. Registration not required.

Getting Things In Order Monday, September 9, 6 PM with **Miller-Boles Funeral Home & Cremation Service**. Creating a plan now for your celebration of life eases the burden for your family. The family also gets the comfort of knowing they are honoring your wishes. Miller-Boles will discuss what options are available for pre-funeral planning. Open to all adults. Call to reserve your seat (919) 776-0501 ext. 2201.

Up & Coming! Call (919) 776-0501 ext. 2201 to register or for more information.

BYE BYE STRESS! Experience techniques and tools on how to calm and relax your mind, body and spirit. Wed., Sept. 18 at 2:00 PM. Open to all adults.

Happy 65th Birthday and Welcome to Medicare! Thurs., Sept. 19 at 5:30 PM. Get your questions about Medicare answered by a reliable source, SHIIP, Seniors' Health Insurance Information Program. Open to all adults.

Special Workshop for Grandparents Raising Grandchildren with Guest Speaker **Samantha Allred** from NCBAM, NC Baptist Aging Ministry. Thurs., Sept. 26 at 10 AM. Addressing the causes of this cultural phenomenon, its challenges and resources that are available to help. Open to all adults.

Caregiver Time Out Program

Tuesdays from 1:00 PM to 3:00 PM

You are invited to bring your loved one to The Enrichment Center on Tuesdays 1 PM - 3 PM for Caregiver Time Out.

This program is designed for participants who have Alzheimer's or other forms of dementia. We offer fellowship, games, puzzles, crafts and refreshments. There is NO CHARGE. Contributions are accepted. Contact **Holly Hight, Senior Center Caregiver Specialist, 919-776-0501 Ext. 2230** to find out if your loved one can join us. Made possible by **National Family Caregiver Grant**.

D A daily celebration



A nutritious lunch is available in the Diners Club Monday through Friday 12:00 p.m. for Lee County residents who are 60 and better.

S If you are interested in having lunch with us call **Carole Nicely 919-776-0501 Ext. 2205** for information and to register. **11:00 AM programs in the Diners Club are open to the general public.**

AUGUST 2019 programs: **Farmers' Market Tuesdays**

b 2nd—Karaoke with Nelson Smith
 7th—Laurence Poindexter singing and playing guitar
 9th—Health & Wellness Day
 9th—NO Bingo
 14th—Miller Boles Watermelon Social
 16th—Extra Bingo
 21st—Save Money on These 100 Things, Pat Wilkins
 23rd—Back to School Days
 28th—Chair Volleyball
 30th—10:30 AM, Owls of NC, Jamie Osborne
 30th—NO Bingo

MONDAYS
Crafts 'n Coloring

WEDNESDAYS
Silver Striders
Let's Walk! 10 AM

Diners' Club Sassy Red Hatters

Third Tuesday, 10 AM. Wear your red hat and purple attire and be a part of this group of women 50 and older who enjoy life to the fullest!

Free blood pressure screenings provided by Liberty Home Care 2nd Tuesday from 10:30 AM - 11:30 AM.

LCG Enrichment Center
& The Good News Crew
First Thursday 10 AM

WDSG
107.9



1615 S. Third Street, Sanford, N.C. 27330
919.776.0501 www.leecountync.gov/ec

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The Enrichment Center Radio Newsletter
Monday through Saturday,
on Life 103.1 WLHC-FM.

Enrichment Center's Information & Resource
Directory and this newsletter available online:
www.leecountync.gov/ec

The mission of Lee County Senior Services
is to fashion an achievable vision of successful aging in Lee County.

To Join, or Not To Join...That Should Not Even Be A Question! The Enrichment Players Drama Club For more information call Holly Hight (919) 776-0501 ext. 2230.

A Novel Approach Book Group meets at LCG Enrichment Center 2nd Tuesday, 12:00 PM, September through May. Book selections have been made for the upcoming year. You may pick up the list at the front desk.

Legal Aid of North Carolina is a statewide nonprofit law firm that provides free legal services in civil matters to low-income people in order to ensure equal access to justice and to remove legal barriers to economic opportunity. Seniors should call 1-877-579-7562 for assistance and an appointment or online at www.legalaidnc.org.

Sanford Area Habitat for Humanity is seeking volunteers for the Home Store, 413 Wicker Street. Store hours are Tuesday - Friday 9 AM - 5 PM and Saturday 9 AM - 3 PM. For more information and to volunteer, contact Jane Wesley at (919) 356-9491.

LCG Enrichment Center 2019 Holiday Closings

Labor Day	Monday, September 2, 2019
Veterans Day	Monday, November 11
Thanksgiving	Thursday & Friday, November 28 & 29
Christmas	Tuesday, Wednesday & Thursday, December 24, 25 & 26

Register for Code RED Emergency Notification
The LCG Emergency Services team will send out critical community alerts, such as weather and missing child.
To register, go to www.leecountync.gov and type **Code Red Alert** in the Search option.

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